

Full Report (All Nutrients) 03047, Babyfood, dinner, beef noodle, strained

Report Date: October 27, 2015 05:43 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g
Proximates										
Water	g	86.84	--	--	13.89	24.62	98.13	98.13	98.13	98.13
Energy	kcal	63	--	--	10	18	71	71	71	71
Energy	kJ	264	--	--	42	75	298	298	298	298
Protein	g	2.44	--	--	0.39	0.69	2.76	2.76	2.76	2.76
Total lipid (fat)	g	2.26	--	--	0.36	0.64	2.55	2.55	2.55	2.55
Ash	g	0.28	--	--	0.04	0.08	0.32	0.32	0.32	0.32
Carbohydrate, by difference	g	8.18	--	--	1.31	2.32	9.24	9.24	9.24	9.24
Fiber, total dietary	g	1.3	--	--	0.2	0.4	1.5	1.5	1.5	1.5
Sugars, total	g	1.42	--	--	0.23	0.40	1.60	1.60	1.60	1.60
Sucrose	g	0.50	--	--	0.08	0.14	0.56	0.56	0.56	0.56
Glucose (dextrose)	g	0.23	--	--	0.04	0.07	0.26	0.26	0.26	0.26
Fructose	g	0.18	--	--	0.03	0.05	0.20	0.20	0.20	0.20
Lactose	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Maltose	g	0.51	--	--	0.08	0.14	0.58	0.58	0.58	0.58
Minerals										
Calcium, Ca	mg	10	--	--	2	3	11	11	11	11
Iron, Fe	mg	0.41	--	--	0.07	0.12	0.46	0.46	0.46	0.46
Magnesium, Mg	mg	10	--	--	2	3	11	11	11	11
Phosphorus, P	mg	38	--	--	6	11	43	43	43	43
Potassium, K	mg	87	--	--	14	25	98	98	98	98
Sodium, Na	mg	15	--	--	2	4	17	17	17	17
Zinc, Zn	mg	0.60	--	--	0.10	0.17	0.68	0.68	0.68	0.68
Copper, Cu	mg	0.050	--	--	0.008	0.014	0.056	0.056	0.056	0.056
Manganese, Mn	mg	0.120	--	--	0.019	0.034	0.136	0.136	0.136	0.136

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
10:0	g	0.001	--	--	0.000	0.000	0.001	0.001	0.001	0.001
12:0	g	0.008	--	--	0.001	0.002	0.009	0.009	0.009	0.009
14:0	g	0.066	--	--	0.011	0.019	0.075	0.075	0.075	0.075
16:0	g	0.522	--	--	0.084	0.148	0.590	0.590	0.590	0.590
18:0	g	0.303	--	--	0.048	0.086	0.342	0.342	0.342	0.342
Fatty acids, total monounsaturated	g	0.941	--	--	0.151	0.267	1.063	1.063	1.063	1.063
16:1 undifferentiated	g	0.083	--	--	0.013	0.024	0.094	0.094	0.094	0.094
18:1 undifferentiated	g	0.822	--	--	0.132	0.233	0.929	0.929	0.929	0.929
20:1	g	0.004	--	--	0.001	0.001	0.005	0.005	0.005	0.005
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.141	--	--	0.023	0.040	0.159	0.159	0.159	0.159
18:2 undifferentiated	g	0.112	--	--	0.018	0.032	0.127	0.127	0.127	0.127
18:3 undifferentiated	g	0.017	--	--	0.003	0.005	0.019	0.019	0.019	0.019
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.005	--	--	0.001	0.001	0.006	0.006	0.006	0.006
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	8	--	--	1	2	9	9	9	9
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0